

Critical Days of Summer Safety Campaign 2020

Week 15 of 16



Local Recreation Safety

Over time MCAS Iwakuni has suffered numerous mishaps, to include several fatalities, during summer recreational activities. Experience tells us it is very likely that the next fatality could be related to any of the following activities.

Beach and River Swimming

- Learn to swim and avoid alcohol while in or around water.
- Stay away from coastal areas during and for 72 hours after typhoons, storms, and other inclement weather.
- Stay clear of boats, piers, or breakwaters. Watch for rip currents.
- Don't dive or jump into unknown water.
- Don't dive or jump from anything higher than 6 feet above the surface.
- Don't swim at closed beaches or coastal areas. If posted, don't swim in that location.
- To prevent shallow water blackouts caused by cerebral hypoxia, do not intentionally hyperventilate before breath-hold diving or submerging under water.

Known hazards

- Hamada Beach has a strong rip/cross current.
- Yuu Beach. Persons have been injured jumping from the pier and rocks next to the beach. This should be avoided.
- Inland Sea—This is a busy shipping channel and has strong currents. In the past kayakers, swimmers and canoers have been swept out far from their entry point.
- Nishiki River—Increased water flow and floating debris during and after storms. Submerged rocks and debris.



Boating, Boarding and Tubing

- Learn to swim and avoid alcohol while in or around water.
- Wear a life jacket
- Know the waters you are in. Make sure you have a means of communicating with emergency services. Keep cellphones in a waterproof case or bag.
- Check the weather forecast before you leave home. Pay heed to wind warnings as well as rain and sun.
- Do not operate a boat, personal watercraft, or SCUBA dive unless you are licensed or certified to do so.
- MCCS Outdoor Recreation is a great source of information related to outdoor activities in the local area.
- Be prepared. Have a plan and let a friend or supervisor know what your plan is.

IIIMEF_MCIPAC-MCBBO 5101.1A 'Recreational Open Water Activities' provides guidance which applies to SOFA status personnel throughout Japan



Three Falls, Yasaka Dam, Otake River, and Hamada Beach are popular recreational areas. However, people have been injured and killed in these places so it is important to follow local rules and make appropriate risk decisions.

A significant percentage of these mishaps caused fatalities, and the remainder required military and/or host nation emergency rescues.

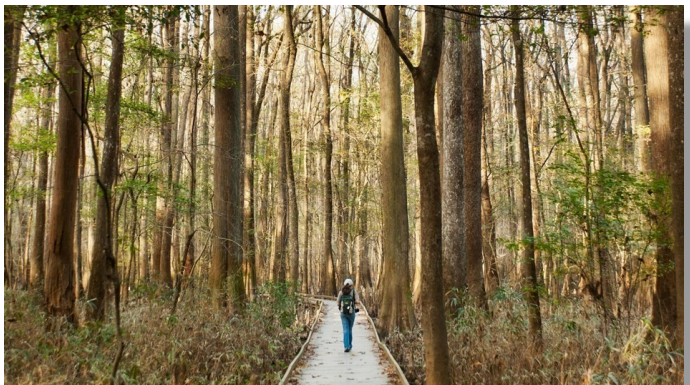
Cycling and Running

Cycling and running are popular activities and are a great way to keep yourself in shape. However both of these activities can be dangerous, even deadly, if the proper precautions are not taken.

- Watch out for traffic. Roads are narrow and many electric and hybrid cars cannot be heard. When jogging, pay attention, especially when crossing the road.
- Always ride your bike on the left hand side of the road and follow the flow of the traffic.
- Obey the same road rules as cars when riding your bike on the streets.
- Situational awareness. When cycling around the local area, bear in mind that the descents are steep and road surface is often poor. Do not get so engrossed in chasing Strava segments that you fail to notice a change in road surface, or the small white truck coming the opposite way.

Hiking

- Be prepared for inclement weather.
- Always ensure food sanitation is considered. Drinking contaminated water or eating contaminated food has caused many campers and hikers serious health issues.
- Store food in tight waterproof bags or containers, separate raw foods, cook foods to proper temperatures, chill food properly.
- Avoid wild animals and insects that can carry disease and bite you.
- Camp fires need to be monitored at all times. Ensure non-treated wood is used-treated wood can cause serious health issues.
- Camp fires and stoves release carbon monoxide, an odorless, colorless gas, and can cause illness or death.



- Make sure you have a buddy with you but tell someone where you're going also. Let them know when you'll be back and check in with them when you do.

Visit these sites for more information

- public.navy.mil/NAVSAFECEN
- mccsiwakuni.com/outdoor-guide-to-japan
- cdc.gov/family/camping



Questions? Contact the MCAS Iwakuni Station Safety Center.